

**ADVISORY COUNCIL ON THE STATE PROGRAM FOR WELLNESS AND THE PREVENTION OF CHRONIC DISEASE  
OCTOBER 23, 2014**

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**BOARD MEMBERS PRESENT**

Thomas McCoy (Chair)  
Jeffrey Muehleisen (Vice Chair)  
Jack Kim  
Senator Joseph P. Hardy, MD  
Dr. James Greenwald  
Virginia Beck  
Dr. Christina Demopoulos  
Deborah Williams  
Ben Schmauss

**BOARD MEMBERS NOT PRESENT**

André DeLeón  
Gerold Dermid  
Assemblyman Andy Eisen, MD  
Jacque Ewing-Taylor, PhD  
Dr. Tracy Green  
Marci Schmiede

**DIVISION OF PUBLIC AND BEHAVIORAL HEALTH STAFF PRESENT**

Mónica Morales, MPA, Section Manager, Chronic Disease Prevention and Health Promotion  
(CDPHP) Section, Bureau of Child, Family, and Community Wellness (BCFCW)  
Shannon Bennett, Policy and Health Systems Manager, CDPHP, BCFCW  
Michael Lowe, PhD, Chronic Disease Epidemiologist CDC State Assignee, CDPHP, BCFCW  
Jessica Lamb, Obesity Prevention Program Coordinator, CDPHP, BCFCW  
Melodie Swan-Fisher, Administrative Assistant 2, CDPHP, BCFCW

**OTHERS PRESENT**

Elizabeth Whitehead, Clark County School District (CCSD)  
Kelli Goatley-Seals, Chronic Disease Prevention Program, Washoe County Health District  
(WCHD)  
Mike Pacheco, Department of Education

Agenda items for the meeting were taken out of order, combined for consideration of those present, and, in some instances, removed.

### **1. Roll Call**

The meeting commenced at **1:07 p.m.** Roll call was taken, and it was determined a quorum of the Advisory Council on the State Program for Wellness and the Prevention of Chronic Disease was present, per NRS 439.518 § 2(a–k).

### **2. Vote on minutes from the August 14, 2014 Advisory Council meeting**

Thomas McCoy asked if there were any changes to the draft minutes from the August 14, 2014 meeting. There were none.

**MR. MCCOY ENTERTAINED A MOTION TO APPROVE THE MINUTES AS DRAFTED. A MOTION TO APPROVE WAS MADE BY DR. JAMES GREENWALD. JEFF MUEHLEISEN SECONDED THE MOTION, WHICH PASSED UNANIMOUSLY WITHOUT PUBLIC COMMENT.**

### **3. Stroke and Heart Program update**

Michael Lowe, PhD, presented Exhibit 8 – Stroke and Heart Program Presentation.

**DISCUSSION:** Ben Schmauss asked about specific outcomes named in the grant titled “State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health (1305).” Dr. Lowe referred Mr. Schmauss to Exhibit 3c – 1305 Grant Workplan. Mónica Morales said the Chronic Disease Prevention and Health Promotion (CDPHP) Section wants to include the community in the Stroke and Heart Program. Social Entrepreneurs, Inc. has been contracted, and 12 stakeholders have been engaged. CDPHP hopes to expand performance measures and key activities by late June of 2015. Ms. Morales welcomed the Council’s input regarding activities and outcomes.

Dr. Lowe shared results of the survey done by Social Entrepreneurs, Inc. Approximately 125 consumer surveys were distributed. Only 40 percent of respondents reported their doctors had spoken to them about diet and exercise and its connection to heart disease and stroke. Interviews with key informants revealed Nevada does a good job of screening but not at tracking results.

Mr. Schmauss said he and Senator Joseph P. Hardy, MD have been discussing the possibility of implementing a statewide stroke registry. Mr. Schmauss spoke to the Governor’s office on Economic Development about the registry. Mr. Schmauss is in the beginning stages of drafting a Bill Draft Request (BDR) and has identified two people to champion the effort.

**DISCUSSION:** Mr. McCoy asked about fiscal impact associated with having a stroke registry. Mr. Schmauss said it would be minimal. Ms. Morales said the Division of Public and Behavioral Health (DPBH) does not have funds for a state stroke registry and estimates fiscal impact could be from \$50,000 to \$500,000, based on the extent of the project. Finding the

financial resources will be key. Mr. Schmauss said some hospitals are already participating in a stroke registry. Further discussion ensued. Mr. McCoy asked if there is someone who is leading the data sharing effort. Mr. Schmauss identified key individuals at medical centers in Southern Nevada.

Mr. McCoy urged Mr. Schmauss to continue the effort.

#### **4. Staff reports**

##### **a. CDPHP Section updates**

The following new key positions will be filled by the end of November 2014: Heart and Stroke Program Coordinator, CDC-RFA-DP13-1305 Grant Chronic Disease Evaluator, and School Health Program Coordinator. They will be funded by the Preventive Health and Health Services (PHHS) block grant and the CDC-RFA-DP13-1305 (1305) grant. As of 2½ years ago, the CDPHP Section had 21 staff members. There are now 16. Many of the Section's program coordinators are running two or three programs.

Ms. Morales gave an overview of "Nevada Chronic Disease Prevention and Health Promotion State Plan 2012–2017." See Exhibit 10 – State Plan Presentation. Two years ago, the CDPHP Section's budget was \$5.8 million. Today, it is approximately \$7.2 million. Ms. Morales highlighted page 38, which indicates 76 percent of the \$7.2 million is being funneled to the community. Staff has been writing grants but has been unsuccessful at obtaining them approximately 80 percent of the time.

Preparation for the 2015 legislative session is underway. Staff is writing white papers that highlight community needs, evidence-based practices, and the shift in the Section's work as it relates to The Patient Protection and Affordable Care Act (ACA). The one- to three-page white papers will address risk factors related to chronic disease and will be handy summaries for Council members and management use in anticipation of the upcoming legislative session. Ms. Morales asked for Council members' input for the final formulation of the white papers.

##### **b. Program reports**

Ms. Morales referred to Exhibit 3b and asked the Council if there were any questions; there were none.

**DISCUSSION:** Mr. McCoy asked about the budget for Fiscal Year (FY) 2016–2017. Ms. Morales reiterated that \$6 million of CDPHP's present budget are from federal grants; \$1 million are from Fund for a Healthy Nevada for the Tobacco Control and Prevention Program. She is hopeful funding will remain the same for FY 2016–2017. All federal grants, except the grant that funds the colorectal screening program (titled "Integrating Colorectal Screening Within Chronic Disease Programs in Nevada") and the PHHS block grant, will remain active for three to five years. Mr. McCoy will give an update on funds from Fund for a Healthy Nevada at the January 29, 2015 meeting.

## 5. State Plan overview

Ms. Morales presented Exhibit 10 – State Plan Presentation, which details how the State Plan was formulated. See also Exhibit 10 – State Plan.

**DISCUSSION:** Mr. McCoy asked about the interfacing and coordinating between the State and other public health entities. Is CDPHP coordinating efforts with local, county, and other public health entities, especially in terms of changes resulting from the ACA? Ms. Morales said the issue of communication has arisen frequently in stakeholder focus groups and staff feedback. CDPHP is hosting monthly teleconference calls with directors of local health authorities. All are formulating common elevator speeches that communicate shared goals and strategies. CDPHP is also distributing a LISTSERV that highlights the latest news and events happening at the State and in local coalitions. Deborah Williams and Kelli Goatley-Seals said the monthly meeting has been helpful. Ms. Morales told the Council they may receive a performance survey by the end of the year and urged them to complete it.

Senator Hardy says he is reviewing a BDR that will require schools to incorporate more physical activity. He asked for suggested language or other input for the BDR. Jessica Lamb will send relevant information to Senator Hardy.

Ms. Morales said the State Plan will be examined to determine what needs to be updated and added, especially in light of the ACA.

Dr. Greenwald asked about type 2 diabetes and its relation to heart attack. He said the low-fat diet message is counterproductive to the needs of the typical insulin-resistant patient, and he urged the State to consider changing the message. Ms. Morales said we have the opportunity to track insulin-resistance measures through data collected from electronic health records (EHRs). She is confident CDPHP can report results to the Council in six months. At present, however, CDPHP is held to the measures and education messages set forth by federal funders. Dr. Lowe acknowledged the State is beginning to work with EHRs and, as such, has a unique opportunity to determine what data to collect and analyze. Ms. Morales also addressed the need to create a public education message that can be understood by the average person. Dr. Greenwald said he could provide data he is preparing for the U.S. Department of Justice on national health trends of police officers. Mr. McCoy acknowledged it usually takes the Centers for Disease Control and Prevention (CDC) awhile to catch up on the new trends and ideas in healthcare.

## 6. CWCD business

### a. Introduction of Council member Ben Schmauss, and renewal of Jack Kim's membership

Mr. McCoy introduced Mr. Schmauss and welcomed him to the Council. Mr. McCoy announced Mr. Kim's membership has been renewed. He also announced the meeting was Dr. Greenwald's final one and thanked him for his service to the Council, which has been for nearly six years.

**b. Make recommendation to Division Administrator to fill 2h vacancy.**

Mr. McCoy recommended Cassandra Cotton for appointment to fill the vacancy on the Council. This is the position that will be vacated by Gerold Dermid.

**DISCUSSION:** The Council reviewed Ms. Cotton's resume.

**MR. MCCOY ENTERTAINED A MOTION TO APPROVE THE RECOMMENDATION TO APPROVE MS. COTTON FOR APPOINTMENT TO THE COUNCIL. A MOTION TO APPROVE WAS MADE BY SENATOR HARDY AND SECONDED BY DR. GREENWALD. THE MOTION PASSED UNANIMOUSLY WITHOUT PUBLIC COMMENT.**

**c. Vote to adopt bylaws changes to Article 4: MEMBERSHIP, paragraph 4.1.**

See Exhibit 4c.

**MR. MCCOY ENTERTAINED A MOTION TO ADOPT THE BYLAWS CHANGES TO ARTICLE 4: MEMBERSHIP, PARAGRAPH 4.1. A MOTION TO ADOPT WAS MADE BY SENATOR HARDY AND SECONDED BY DR. GREENWALD. THE MOTION PASSED UNANIMOUSLY WITHOUT PUBLIC COMMENT.**

**d. Vacancy protocol discussion**

**DISCUSSION:** The Council is in favor of members distributing vacancy notices to persons they think would be appropriate for open positions. Once a non-voting member has gained experience on the Council, he or she could be considered for a position as a voting member. It was suggested the notice be narrow in terms of the requirements for each position, but staff pointed out that descriptions on each notice are being written vague deliberately in order to attract candidates. It was also suggested the Council consider candidates from diverse ages, ethnicities, professions, and areas of focus. The vacancy notice for the 2d position (as described in the bylaws, under ARTICLE 4: MEMBERSHIP) that will be vacated by Dr. Greenwald was sent to Council members within two days of the meeting. The notice will also be distributed to CDPHP's community partners via the LISTSERV and will be posted under Advisory Councils, on the State website at [www.health.nv.gov](http://www.health.nv.gov).

**7. Nevada Wellness Website update**

Ms. Lamb gave a brief overview of the website, <http://nevadawellness.org/>, by demonstrating the following tabs: Worksite Wellness, School Wellness, Community Wellness, State & National Resources, Events Calendar, and Contact Us. Other public health entities will have the ability to populate information from their events calendars to the Nevada Wellness events calendar. All material at the website is available in Spanish.

**DISCUSSION:** Mr. McCoy asked if statistics are being collected on the public's use of the site. Ms. Lamb said Google Analytics is being used. The tool is vague, however. An analysis that is more specific is needed to give direction on further development. The website was developed as a result of requirements within the PHHS block grant. Other online venues being considered for development are LinkedIn, Pinterest, Facebook, Instagram, and a YouTube video blog. The CDC's Twitter feed will be linked from the Nevada Wellness

Website, and a link to the website is included in the LISTSERV. Dr. Greenwald suggested consulting Robb Wolf, a local author who runs a very successful website, for guidance and support.

#### **8. Preventive Health and Health Services Block (PHHS) Grant update**

Ms. Lamb said staff has been consulting the National Association of Chronic Disease Directors (NACDD) to formulate success stories and progress, especially regarding increased staff support, staff capacity, worksite wellness, and Nevada Wellness. Success stories will be shared with the Council when complete. The new funding cycle began October 1, 2014 and will end September 30, 2015. The PHHS block grant is for two years, but Nevada spends the funds in the second year. Funds recently received will be spent next year (beginning October 1, 2015), but activities will continue for two years. This is to ensure funding would be in place for another year in the event of future funding cuts.

#### **9. School Body Mass Index (BMI) Collection updates**

Ms. Lamb explained the Index is based on height and weight measurements collected from students in fourth, seventh, and tenth grades, pursuant to Senate Bill (SB) 442. A workgroup comprised of community members from local health authorities had been formed, and Ms. Lamb's role has been to provide the workgroup with education and technical support. Ms. Goatley-Seals, one of the workgroup members, said the group has considered how to proceed if SB 442 is not extended beyond the sunset date of June 30, 2015. Ms. Lamb added there has been no funding to counties for the school BMI collection program. A streamlined process is being developed with the help of the Office of Public Health Informatics and Epidemiology (OPHIE). Additionally, the CDC-RFA-DP13-1305 grant mandates evaluation measures for BMI data collected on youth.

#### **10. Arthritis Report**

##### **a. The burden of arthritis in Nevada**

Dr. Lowe presented Exhibit 9a – Burden of Arthritis in Nevada.

**DISCUSSION:** Dr. Greenwald advised, because of the myriad causes and pathologies of arthritis, the public would not benefit from the State pursuing an education initiative, adding that the typical patient would not find value in information posted on a State website. Ms. Morales said considering an initiative draws the natural conclusion there are no resources at the state level and very limited funding possibilities at the federal level. The only resources available are the Arthritis Self-Management Program (ASMP) and the Chronic Disease Self-Management Program (CDSMP), as shown Exhibit 9a. Ms. Morales asked the Council for direction on how to proceed; members should let staff know of any local efforts and experts who could offer direction. Mr. McCoy said, because of the precedence of arthritis across the population, the burden of arthritis should not be ignored. Ms. Morales added that education is key.

#### **11. Presentation on Breast Cancer in Nevada**

Shannon Bennett presented Exhibit 11 – Breast Cancer in Nevada Presentation.

**DISCUSSION:** Dr. Greenwald suggested the need to educate the population on the connection between insulin resistance and cancer. He also pointed out that mammography is not an adequate screening method for patients with dense breast tissue. Mr. McCoy said his work with the American Cancer Society has revealed there is disparity between Northern Nevada and Southern Nevada when it comes to access to screening and treatment for cancer.

**12. Discuss and recommend agenda items for January 29, 2015 meeting**

**DISCUSSION:** Dr. Tracy Green will do a presentation. Dr. Christina Demopoulos will do a short presentation on oral health especially as it relates to upcoming State legislation and to the ACA. Legislation updates and review of key BDRs will be a line item on future agendas. Mr. McCoy will give an update on Fund for a Healthy Nevada. Melanie Flores will do a presentation on the HIV Wellness Initiative.

Mr. McCoy concluded by advising the Council to examine the exhibits again and formulate questions and ideas for staff.

**13. PUBLIC COMMENT:**

There was no public comment.

**14. ADJOURNMENT**

The meeting adjourned at **2:22 p.m.**